

Year 1 P.E. knowledge organiser – Spring 2

Creative skills

I can observe and copy others.

I can explore and describe different movements.

I can begin to compare my movements and skills with those of others.

Themes

Ball tricks



Toy box



Land of the Beans



Physical skills

Coordination The working together of different muscles to carry out a complicated movement.

Agility The ability to move or think easily and quickly.

Key Vocabulary

Send	Something to me moved to another place.re
Receive	To get or take from someone else.
Reaction	An action or response to something that has happened or has been done.
Response	A physical or verbal answer.
Juggle	To keep in motion in the air while tossing and catching.
Catch	To capture something moving towards you.
Push	To use pressure against in order to move.
Steady	A firmly fixed in position; stable.
Rules	A principle or guide to follow.